

# Adult Programs

September-December 2013

**Anne Gordon Center for Active Adults**  
1901 Spring Forest Road  
Raleigh, NC 27615

**Five Points Center for Active Adults**  
2000 Noble Road  
Raleigh, NC 27608

**Website:** [parks.raleighnc.gov](http://parks.raleighnc.gov)  
**Keyword Search:** *Active Adults*



**Steve White**  
919-996-4730

Recreation Program Director  
[Steve.White@raleighnc.gov](mailto:Steve.White@raleighnc.gov)

**Carmen Rayfield**  
919-996-4720

Recreation Program Manager  
[Carmen.Rayfield@raleighnc.gov](mailto:Carmen.Rayfield@raleighnc.gov)

**Jennifer Tabery**  
919-996-4730

Assistant Director, Five Points Center for Active Adults  
[Jennifer.Tabery@raleighnc.gov](mailto:Jennifer.Tabery@raleighnc.gov)





### Five Points Center for Active Adults

2000 Noble Road, Raleigh, NC 27608

Phone: 919-996-4730

Fax: 919-508-5134

Email: [FivePointsCenter@raleighnc.gov](mailto:FivePointsCenter@raleighnc.gov)



### Anne Gordon Center for Active Adults

1901 Spring Forest Road, Raleigh, NC 27615

Phone: 919-996-4720

Fax: 919-431-8090

Email: [AnneGordonCenter@raleighnc.gov](mailto:AnneGordonCenter@raleighnc.gov)



**Hours of Operation: Monday—Friday 9:00 AM - 6:00 pm**

**The Active Adult Centers will be closed:** September 2 (Labor Day), November 11 (Veteran's Day), November 28 & 29 (Thanksgiving), and December 24 & 25 (Christmas)

## How to Register

### Mail-In

Send registration form and payment to either Active Adult Center

### Walk-In

Bring your completed registration form and payment to any staffed Parks and Recreation sites during regular business hours.

*\*Trip registrations must be mailed or taken to Anne Gordon Center for Active Adults or Five Points Center for Active Adults.*

### Online with Reclink

Visit [Reclink.raleighnc.gov](http://Reclink.raleighnc.gov). Reclink allows you to search for programs age, location, barcode, or keyword. With your Family PIN and Client Barcode you can then complete your registration and payment on line.

***\*Trip registrations are not accepted online.***

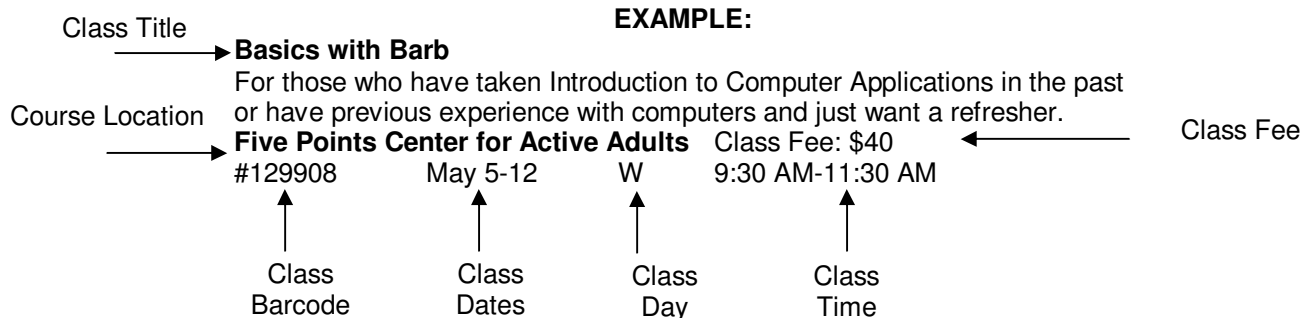
## Don't Wait – Register Early!

Did you know that programs, classes, and trips that have not met the minimum number of registrants 2 weeks prior to the start date will be cancelled?

Registering early allows program staff time to plan accordingly and eliminates the cancellation of programs.



## How to read course listings



## **Art**

### **Acrylic Painting**

This class is perfect for those who want to learn the basics of acrylic painting, including basic techniques, color palate, and choosing subject matter. Students will be given a materials list to purchase on their own. Instructor: John Duzs.

<b>Five Points Center for Active Adults</b>		Class Fee: \$0	
#143534	Sep 4-Dec 18 W	12:30 PM-3:00 PM	
#143535	Sep 9-Dec 30 M	10:30 AM-1:30 PM	

### **Ceramics Basics- Painting Greenware**

This class introduces students to painting greenware to create beautiful pieces. Students will be given a supply list to purchase materials on their own. Instructor: Ann Long.

<b>Five Points Center for Active Adults</b>		Class Fee: \$0	
#143549	Sep 4-Dec 18 W	9:30 AM-12:00 PM	

### **Express Yourself Art**

This class will guide you in creating a work of art that expresses the artist within you, regardless of your artistic abilities! A materials list will be provided.

<b>Anne Gordon Center for Active Adults</b>		Course Fee: \$7	
#145209	Jun 12 – Jul 17	9:30 AM-11:30 AM	

### **Five Points Open Art Studio**

This is an unstructured open studio environment where students may work on their own projects from painting, to ceramics, to knitting. Students will provide their own materials.

<b>Five Points Center for Active Adults</b>		Class Fee: \$0	
#143554	Sep 9-Dec 30 M	2:00 PM-5:00 PM	
#143555	Sep 5-Dec 26 Th	9:30 AM-12:00 PM	

### **Knitting and Crocheting**

This class is for knitters and crocheters of all levels. Learn basic and new techniques or work on your projects as you socialize with others. Instructor: Judy Bregler

<b>Anne Gordon Center for Active Adults</b>		Course Fee: \$8	
#143524	Sep 3-Oct 22 Tu	2:00 PM-4:00 PM	
#143525	Sep 5-Oct 24 Th	2:00 PM-4:00 PM	
#143526	Nov 5-Dec 10 Tu	2:00 PM-4:00 PM	
#143527	Nov 7-Dec 12 Th	2:00 PM-4:00 PM	

### **No Sew Blanket Making**

This blanket making class is easy for all levels and abilities. Come and find out how to make blankets for yourself, as gifts, or to be used as a charity item. All materials provided. Instructor: Mary Ruth Chauvaux

<b>Anne Gordon Center for Active Adults</b>		Course Fee: \$7	
#145666	Sep 16 M	10:00 AM-12:00 PM	
#145667	Oct 21 M	10:00 AM-12:00 PM	
#145668	Nov 18 M	10:00 AM-12:00 PM	

### **Joyfuls Chorus**

Enjoy singing? Share your enthusiasm by joining the Joyfuls!. Sing for various clubs, organizations, groups, and events.

<b>Five Points Center for Active Adults</b>		course Fee: \$0	
#143532	Sep 9-Dec 30 M	10:00 AM-11:00 AM	

### **Seniors Craft Group**

Join your fellow crafters for this craft program. Bring your own unfinished items to work on, or assist with projects for donation to local hospitals and charitable organizations.

<b>Five Points Center for Active Adults</b>			
#143597	Sep 3-Dec 31 M-Th	10:00 AM-12:00 PM	

## **Computer**

### **Beginning Computers and E-mail**

This beginner level course will introduce new users to the use of a computer and its components, creating and saving documents, and basic email skills. For more information, please call 919-954-3688.

<b>Five Points Center for Active Adults</b>		Course Fee: \$42	
#145642	Sep 12-Oct 31 Th	1:30 PM-3:30 PM	

### **Buying a Personal Computer**

How much do I have to pay? What kind should I purchase? What does it have to have on it? How much memory do I need? These and other questions will be answered in this seminar for students looking to buy a new computer.

<b>Anne Gordon Center for Active Adults</b>		Course Fee: \$12	
#147352	Sep 10 Tu	9:30 AM-12:00 PM	
#147238	Sep 24 Tu	9:30 AM-12:00 PM	

### **Exploring Files and Folders**

This course teaches data management techniques. You will learn to create folders and organize your data so that it will be easy to retrieve. You will use Windows Explorer to create and manage your file structure. This class is brought to you by Raleigh SeniorTechEd. For more information, please call 919-954-3688. Prerequisite: Intro to Computer Applications or equivalent knowledge.

<b>Five Points Center for Active Adults</b>		Course Fee: \$27	
#145656	Oct 9-30 W	1:30 PM-3:30 PM	

### **Fun with Photos**

This class will teach the basics of Picasa, a digital photo organizer & editor. This software is a free download from Google. Find all your photos quickly and easily. Edit, crop, reduce red-eye and enhance color with one quick click. Create slide shows and much more! This class is brought to you by Raleigh SeniorTechEd. For more information, please call 919-954-3688.

<b>Five Points Center for Active Adults</b>		Course Fee: \$42	
#145641	Sep 12-Oct 31 Th	9:30 AM-11:30 AM	

### **Introduction to Computer Applications**

This course is for students who have some knowledge of computers, mouse movement, and are familiar with the keyboard. The basics of word processing, file management, databases, spreadsheets, and the internet are covered. This class is brought to you by Raleigh SeniorTechEd. For more information, please call 919-954-3688.

<b>Five Points Center for Active Adults</b>		Course Fee: \$42	
#145659	Sep 9-Oct 28 M	1:30 PM-3:30 PM	
#145660	Sep 10-Oct 29 Tu	9:30 AM-11:30 AM	
#145661	Nov 4-Dec 4 M, W	1:30 PM-3:30 PM	
#145662	Nov 5-Dec 5 Tu, Th	9:30 AM-11:30 AM	

### **iPad: Going Further With Your iPad**

This course will show you how to sync with your Mac or PC and get your contacts transferred, create contact groups and calendars. Facetime, the App Store, eBook readers, and how to borrow eBooks for free from the Wake County Library will also be taught. Bring your questions from the first course, as well as your iPad. Pre-requisite: Getting to Know Your iPad or basic iPad knowledge. Instructor: Duane Reaugh

<b>Anne Gordon Center for Active Adults</b>		Course Fee: \$0	
#145079	Oct 9 W	1:30 PM-3:30 PM	
#145080	Dec 11 W	10:30 AM-12:30 PM	
<b>Five Points Center for Active Adults</b>		Course Fee: \$0	
#145081	Sep 18 W	1:30 PM-3:30 PM	
#145082	Nov 13 W	1:30 PM-3:30 PM	

**iPad: Introduction**

The iPad, iPhone, and iPod Touch are creating a revolution in computers and the way we live. This course will teach how to set up these devices and provide a brief overview of the many applications (apps) available. Bring your own iPad, iPhone, or iPod Touch.

Instructor: Duane Reaugh

<b>Anne Gordon Center for Active Adults</b>			Course Fee: \$0
#145065	Sep 11	W	1:30 PM-3:30 PM
#145066	Nov 6	W	1:30 PM-3:30 PM
#145067	Dec 4	W	1:30 PM-3:30 PM
<b>Five Points Center for Active Adults</b>			Course Fee: \$0
#145068	Sep 18	W	10:30 AM-12:30 PM
#145069	Oct 30	W	10:30 AM-12:30 PM

**iPad: Introduction to iCloud**

iCloud is a service that allows users to securely store personal computer files on Apple's iCloud servers so that the file may be accessed from multiple devices. It is also used for syncing multiple devices including your iPad, iPhone, iPod and PCs running Mac OS or Windows/ Consider it a highly capable personal Internet hard drive! You will be shown how to set up an account and make the best use of the service. Bring your own iPad, iPhone or iPad Touch.

Instructor: Duane Reaugh

<b>Five Points Center for Active Adults</b>			Course Fee: \$0
#145083	Nov 13	W	10:30 AM-12:30 PM

**iPad: Sharing Digital Photos**

This workshop will teach how to share digital photographs taken with your iPhone, iPod or iPad using Apple's free Shared Photo Stream feature. Setup, adding photos and how to alert friends of new photos will be discussed. Other services such as Flickr and Shutter Bug will also be described. Instructor: Duane Reaugh

<b>Anne Gordon Center for Active Adults</b>			Course Fee: \$0
#145084	Oct 9	W	10:30 AM-12:30 PM
<b>Five Points Center for Active Adults</b>			Course Fee: \$0
#145085	Dec 4	W	10:30 AM-12:30 PM

**Introduction to Word Processing**

Word processing basics, such as paragraph formatting, font style and size, moving paragraphs, document printing, and page layout are covered. This class is brought to you by Raleigh SeniorTechEd. For more information, please call 919-954-3688.

<b>Five Points Center for Active Adults</b>			Course Fee: \$27
#145617	Sep 11-Oct 2	W	1:30 PM-3:30 PM

**Skype for Beginners**

Learn the basics on how to use Skype to communicate with friends and family. This class is brought to you by Raleigh SeniorTechEd. For more information, please call 919-954-3688

<b>Anne Gordon Center for Active Adults</b>			Course Fee: \$12
#147040	Sep 13	F	9:30 AM-12:00 PM
<b>Five Points Center for Active Adults</b>			Course Fee: \$12
#147037	Sep 17	Tu	1:00 PM-3:30 PM

**Windows 8 Overview**

Learn the basics of the new Windows 8 operating system. This class is brought to you by Raleigh SeniorTechEd. For more information, please call 919-954-3688

<b>Anne Gordon Center for Active Adults</b>			Course Fee: \$12
#147041	Oct 18	F	9:30 AM-12:00 PM
#147326	Nov 15	F	9:30 AM-12:00 PM
<b>Five Points Center for Active Adults</b>			Course Fee: \$12
#147038	Oct 8	Tu	1:00 PM-3:30 PM
#147039	Nov 12	Tu	1:00 PM-3:30 PM

**Windows Live Photo Gallery**

Learn to use Windows Live Photo Gallery, a free program, to create, edit, and share your photos. This class is brought to you by Raleigh SeniorTechEd. For more information, please call 919-954-3688.

<b>Five Points Center for Active Adults</b>			Course Fee: \$17
#145658	Nov 14-21	Th	1:30 PM-3:30 PM

**Educational**

**AARP Safe Driving Course for Older Adults**

The AARP Driver Safety Program is designed especially for drivers age 50 and over to help people live more independently as they age. The latest rules of the road, defensive driving techniques and how to operate a vehicle more safely in challenging driving environments are covered. Course fee is \$12.00 for AARP Members, \$14.00 for non-members and is to be paid to the instructor.

<b>Five Points Center for Active Adults</b>			
#147477	Oct 11	F	9:30 AM-2:30 PM

**Blood Pressure Screenings**

Take advantage of FREE Blood Pressure Screenings offered by Resources for Seniors and Sunnybrook Healthcare.

<b>Anne Gordon Center for Active Adults</b>			Course Fee: \$0
#148616	Sep 4-Dec 4	W (1st)	9:30 AM-10:30 AM
	Sep 24- Nov 26	T (4th)	9:30 AM-10:30 AM

<b>Five Points Center for Active Adults</b>			Course Fee: \$0
#148615	Sep 16-Dec 16	M (1st 3rd)	9:30 AM-10:30 AM

**Brain Power**

Explore simple ways to maintain and boost mental acuity. A different topic is explored each month. Offered by Resources for Seniors.

**Anne Gordon Center for Active Adults**

#147197	Oxygen	Sep 26	Th	1:00 PM-2:00 PM
#147198	Self-Esteem	Oct 10	Th	1:00 PM-2:00 PM
#147199	DNA Bank	Nov 14	Th	1:00 PM-2:00 PM
#147200	Trust	Dec 12	Th	1:00 PM-2:00 PM

**Five Points Center for Active Adults**

#147201	Oxygen	Sep 9	M	1:00 PM-2:00 PM
#147202	Self-Esteem	Oct 7	M	1:00 PM-2:00 PM
#147203	DNA Bank	Nov 11	M	1:00 PM-2:00 PM
#147204	Trust	Dec 9	M	1:00 PM-2:00 PM

**Flower Pot Gardening**

Come and explore a variety of plants for flower pot gardening with Phil Campbell of Campbell Road Nursery. Co-sponsored by Resources for Seniors.

<b>Five Points Center for Active Adults</b>			Course Fee: \$0
#147205	Sep 17	Tu	10:00 AM-11:00 AM

**Health Talk with Dr. Baldwin**

Dr. Casey Baldwin, RFS Senior Care Pharmacist, will discuss an important 'health topic' for older adults. Don't miss the opportunity to be more informed about healthy living and ask general questions.

Five Points Center for Active Adults				Course Fee: \$0
#144752	Heart Attack	Sep 3	Tu	10:15 AM-11:15 AM
#144753	Stroke	Oct 1	Tu	10:15 AM-11:15 AM
#144754	Dementia	Nov 5	Tu	10:15 AM-11:30 AM
#144755	Chronic Cough	Dec 3	Tu	10:15 AM-11:30 AM

**Healthy Living with Chronic Disease**

The goal of this course is to enable you to build self-confidence, to assume a major role in maintaining your health, and help in managing their chronic health conditions.

<b>Five Points Center for Active Adults</b>			Course Fee: \$0
#147208	Oct 22-Nov 26	Tu	1:00 PM-3:30 PM

## Adult Leisure Programs

September-December 2013

### Helping the World Hear Better

Not only is hearing important to your daily life, it is also a major health concern. Join us for this informational seminar and learn the ten signs of hearing loss, ways to protect your hearing, and treatment options. Sponsored by Resources for Seniors.

<b>Anne Gordon Center for Active Adults</b>	Class Fee: \$0
#147533 Sep 5 Th	1:00 PM-2:00 PM
<b>Five Points Center for Active Adults</b>	Class Fee: \$0
#147215 Sep 18 W	1:00 PM-2:00 PM

### Legal Executors' Checklist

What is an executor and what do they do? This course is presented by Tom McCuiston, Attorney at Law.

<b>Anne Gordon Center for Active Adults</b>	Course Fee: \$0
#147223 Oct 3 Th	1:00 PM-2:00 PM
<b>Five Points Center for Active Adults</b>	Course Fee: \$0
#147224 Sep 24 Tu	1:00 PM-2:00 PM

### Life Connections

Join us for a special time of fellowship and sharing. This is a great group in particular for those dealing with a loss or grief.

Co-sponsored by Resources for Seniors.

<b>Anne Gordon Center for Active Adults</b>	Course Fee: \$0
#147231 Nov 14 Th	10:00 AM-11:30 AM
<b>Five Points Center for Active Adults</b>	Course Fee: \$0
#147232 Sep 18 W	1:00 PM-3:00 PM
#147233 Oct 16 W	1:00 PM-3:00 PM
#147234 Nov 20 W	1:00 PM-3:00 PM
#147235 Dec 18 W	1:00 PM-3:00 PM

### Medicaid Day Centers Info Session

Volunteers of America will provide information on the new PACE Day Centers for Seniors in Raleigh and Durham. This program is co-sponsored by Resources for Seniors.

<b>Anne Gordon Center for Active Adults</b>	Course Fee: \$0
#147210 Sep 12 Th	1:00 PM-2:00 PM
<b>Five Points Center for Active Adults</b>	Course Fee: \$0
#147211 Sep 10 Tu	1:00 PM-2:00 PM

### Preparing for Medicare

The Seniors' Health Insurance Information Program (SHIIP) is a division of the North Carolina Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage plans, Medicare prescription drug plans, Medicare fraud and abuse, and long-term care insurance. This seminar will provide a quick explanation of Medicare and a time for questions.

<b>Five Points Center for Active Adults</b>	Course Fee: \$0
#143611 Oct 29 Tu	1:00 PM-3:00 PM

### Hearing Screenings

Resources for Seniors and Beltone Hearing Care Centers will be offering FREE Hearing Screenings. The screening lets you know if your hearing falls within normal hearing range. In addition to the screening, come and see what the inside of your ears look like. Pre-register for an individual appointment.

<b>Anne Gordon Center for Active Adults</b>	Course Fee: \$0
#147214 Oct 29 Tu	10:00 AM-12:00 PM
<b>Five Points Center for Active Adults</b>	Course Fee: \$0
#147213 Oct 30 W	1:00 PM-3:00 PM

### Legal Aid

Legal Aid can help with Living Wills, Power of Attorney, and Wills, as well as some non-criminal and non-traffic related issues. If you are in need of an appointment, please contact the Resources for Seniors Resource and Referral Specialist at 919-996-4738.

<b>Five Points Center for Active Adults</b>	Course Fee: \$0
---	-----------------

### Life Writing

Dr. Jim Clark, NCSU Encore Program, will lead you in writing your memoirs. He sets the stage that invites stories to flow. Come and explore your stories!

<b>Five Points Center for Active Adults</b>	Course Fee: \$0
#147236 Sep 17-Oct 15 Tu	1:30 PM-3:30 PM

### Living Wills

What are living wills and why do we need one? Kathryn Kabat of Wills on Wheels will provide insight into the elements of this document and help you navigate through your needs.

<b>Anne Gordon Center for Active Adults</b>	Course Fee: \$0
#147227 Oct 24 Th	2:00 PM-3:00 PM
<b>Five Points Center for Active Adults</b>	Course Fee: \$0
#147226 Oct 22 Tu	1:00 PM-3:00 PM

### Organization: Organizing Family Photos

Take those stacks of loose photos you have and organize them into keepsakes for your family for years to come. Instructor: Eileen Stevie, of Stevie Organizing Service.

<b>Five Points Center for Active Adults</b>	Course Fee: \$0
#148219 Sept 9 M	11:30 AM-12:30 PM

### Organization: Organizing from A to Z

This class will offer tips on organizing every room in the home from the attic to the garage. Bring your questions on how to organize the hardest places in your home. Presented by Eileen Stevie of Stevie Organizing Services.

<b>Five Points Center for Active Adults</b>	Course Fee: \$0
#148220 Oct 14 M	11:30 AM- 12:30 PM

### Organization: Tower of Paper

This class will offer solutions to the ongoing struggle many face with piles of papers. Filing systems, what to keep, and how long to keep it will be covered. Presented by Eileen Stevie of Stevie Organizing Services.

<b>Five Points Center for Active Adults</b>	Course Fee: \$0
#148221 Nov 4 M	10:00 AM-11:00 AM

### SHIIP One on One Appointments

Did you know that there are 31 insurance companies **licensed** to sell supplement and advantage plans to seniors in Wake County, in addition to Medicare? These 1:1 appointments will help you to understand your options with the Senior Health Insurance Information Program (SHIIP). Our SHIIP expert will help you identify the top two or three plans that best meet your needs. You must pre-register for an appointment.

<b>Anne Gordon Center for Active Adults</b>	Course Fee: \$0
#148632 Sept 24- Nov 26 W (2nd )	1:00 PM-3:00 PM
#148633 Sep 26-Oct 24 Th (4 <sup>th</sup> )	10:00 AM-12:00 PM
<b>Five Points Center for Active Adults</b>	Course Fee: \$0
#148617 Sep 6-Dec 6 F (1 <sup>st</sup> 3 <sup>rd</sup> )	1:00 PM-4:00 PM
#148631 Sep 26-Oct 24 Tu (2 <sup>nd</sup> & 4 <sup>th</sup> )	10:00 AM-12:00 PM

## Adult Leisure Programs

September-December 2013

### Fitness

#### 60 Seconds to Good Health

This class features interval training designed to improve muscle strength and is a sure way to take your fitness to a higher level. All it takes is 60 seconds! Instructor: Jane Stenhouse

Five Points Center for Active Adults			Course Fee: \$8
#148582	Sep 9-30	M	11:45 AM-12:45 PM
#148583	Oct 7-28	M	11:45 AM-12:45 PM
#148584	Nov 4-25	M	11:45 AM-12:45 PM
#148585	Dec 2-30	M	11:45 AM-12:45 PM

#### Ageless Grace

21 simple tools for lifelong comfort and ease! Each of the 21 tools focuses on specific areas of the brain and body to improve balance, flexibility, cognitive function, and more, all while sitting in a chair. Visit [www.agelessgrace.com](http://www.agelessgrace.com) for more information. Instructor: Missy Atkinson

Anne Gordon Center for Active Adults			Course Fee: \$8
#144231	Sep 3-24	Tu	2:00 PM-2:45 PM
#144232	Oct 1-29	Tu	2:00 PM-2:45 PM
#144233	Nov 5-26	Tu	2:00 PM-2:45 PM
#144234	Dec 3-31	Tu	2:00 PM-2:45 PM

Five Points Center for Active Adults			Course Fee: \$8
#144235	Sep 4-25	W	2:00 PM-2:45 PM
#144236	Oct 2-30	W	2:00 PM-2:45 PM
#144237	Nov 6-27	W	2:00 PM-2:45 PM
#144238	Dec 4-18	W	2:00 PM-2:45 PM

#### BeneFitness

Strengthen muscles, improve range of motion, balance, flexibility, and strength through low impact aerobics, stretching, and light weights. Enjoy the *benefitness* of exercise! Instructor: Bill Unger

Five Points Center for Active Adults			Course Fee: \$0
#143536	Sep 3-26	Tu, Th	9:30 AM-10:15 AM
#143537	Oct 1-31	Tu, Th	9:30 AM-10:15 AM
#143538	Nov 5-26	Tu, Th	9:30 AM-10:15 AM
#143539	Dec 3-26	Tu, Th	9:30 AM-10:15 AM

#### Cardio Sculpt

Cardio Sculpt is a combination class that helps burn fat and build muscles. Half of the class is spent on low impact aerobic exercises; the other half is spent sculpting major muscle groups. All levels are welcome. Instructor: Jane Stenhouse

Five Points Center for Active Adults			Course Fee: \$8
#143789	Sep 9-30	M	10:15 AM-11:15 AM
#143790	Oct 7-28	M	10:15 AM-11:15 AM
#143791	Nov 4-25	M	10:15 AM-11:15 AM
#143792	Dec 2-30	M	10:15 AM-11:15 AM
#143793	Sep 4-25	W	10:15 AM-11:15 AM
#143794	Oct 2-30	W	10:15 AM-11:15 AM
#143795	Nov 6-27	W	10:15 AM-11:15 AM
#143796	Dec 4-18	W	10:15 AM-11:15 AM

#### Drumming for Fitness

Improve your physical/mental fitness, burn fat, and release stress while having fun. Traditional low impact aerobic moves are mixed with the powerful beat and rhythm of drums. You will use foam drumsticks (provided) on chairs. This class can be adjusted for all intensity levels. Instructor: Lauren Llewellyn

Anne Gordon Center for Active Adults			Course Fee: \$8
#143626	Sep 9-30	M	2:30 PM-3:15 PM
#143627	Oct 7-28	M	2:30 PM-3:15 PM
#143628	Nov 4-25	M	2:30 PM-3:15 PM
#143633	Dec 2-30	M	2:30 PM-3:15 PM
#143634	Sep 4-25	W	2:30 PM-3:15 PM
#143635	Oct 2-30	W	2:30 PM-3:15 PM
#143636	Nov 6-27	W	2:30 PM-3:15 PM

#143637	Dec 4-18	W	2:30 PM-3:15 PM
Five Points Center for Active Adults			Course Fee: \$8
#143622	Sep 3-24	Tu	2:45 PM-3:30 PM
#143623	Oct 1-29	Tu	2:45 PM-3:30 PM
#143624	Nov 5-26	Tu	2:45 PM-3:30 PM
#143625	Dec 3-31	Tu	2:45 PM-3:30 PM
Lake Lynn Community Center			Course Fee: \$8
#143632	Sep 4-25	W	9:00 AM-9:45 AM
#143629	Oct 2-30	W	9:00 AM-9:45 AM
#143630	Nov 6-27	W	9:00 AM-9:45 AM
#143631	Dec 4-18	W	9:00 AM-9:45 AM

#### Five Points Fitness Room

The fitness room is open during normal operating hours, but will be closed for 'Group Fitness Training' classes on T, W, Th 10:30am-11:15 am and 2:15 pm-3:00 pm. Participants must complete a fitness room orientation with one of the fitness instructors prior to use. Orientations may be scheduled in person or by calling 919-996-4730.

#### Five Points Center for Active Adults

#### Groove and Move

This intermediate class will focus on the specific fitness needs of those in their 50's and 60's, yet is open to anyone. Class will include exercises that are geared to make you stronger and more flexible, all set to fun music! Instructor: Bettie Ittenbach

Five Points Center for Active Adults			Course Fee: \$8
#145052	Sep 9-30	M	4:15 PM-5:15 PM
#145053	Oct 7-28	M	4:15 PM-5:15 PM
#145054	Nov 4-25	M	4:15 PM-5:15 PM
#145055	Dec 2-30	M	4:15 PM-5:15 PM

#### Group Fitness Room Training

This course provides instruction on fitness equipment in the Five Points Center for Active Adult's fitness room. Small class sizes allow for more one-on-one assistance from our group fitness instructors. All ability and experience levels are welcome.

Five Points Center for Active Adults			Course Fee: \$4 per session
#148641	Tues, Wed, Thur		10:30 AM-11:15 AM
	Tues, Wed, Thur		2:15 PM- 3:00 PM

#### Guided Relaxation to a Healthier You

Your instructor will guide you, using speech and imagery, to obtain mental, muscle and total body relaxation. You may even start sleeping better. This class is for everyone. No impact/no aerobic activity. Instructor: Lauren Llewellyn

Anne Gordon Center for Active Adults			Course Fee: \$8
#143680	Sep 9-30	M	1:30 PM-2:15 PM
#143681	Oct 7-28	M	1:30 PM-2:15 PM
#143682	Nov 4-25	M	1:30 PM-2:15 PM
#143683	Dec 2-30	M	1:30 PM-2:15 PM

#### Line Dance— Introduction to Line Dance

This class is for those students with no line dance experience. Learn the basic steps and join the fun! Instructor: Mitzi Kelley

Anne Gordon Center for Active Adults			Course Fee: \$0
#145557	Sep 6-27	F	2:15 PM-3:15 PM
#145558	Oct 4-25	F	2:15 PM-3:15 PM
#145559	Nov 1-22	F	2:15 PM-3:15 PM
#145560	Dec 6-27	F	2:15 PM-3:15 PM

#### Line Dance - Beginner/Improver

This class is designed for those who have some line dance experience and are ready to move on to learn additional dance steps. Instructor: Mitzi Kelley.

			Course Fee: \$0
#145557	Sep 6-27	F	1:00 PM-2:00 PM
#145558	Oct 4-25	F	1:00PM-2:00 PM
#145559	Nov 1-22	F	1:00 PM-2:00 PM



## Adult Leisure Programs

September-December 2013

#145560 Dec 6-27 F 1:00 PM-2:00 PM

### Line Dance— Intermediate Line Dance

For those who have some dancing experience and would like the challenge of learning more difficult dances. Instructor: Mitzi Kelley

<b>Five Points Center for Active Adults</b>	Course Fee: \$0
#145568 Sep 4-30 M, W	2:00 PM-3:00 PM
#145569 Oct 2-30 M, W	2:00 PM-3:00 PM
#145570 Nov 4-Dec 4 M, W	2:00 PM-3:00 PM
#145571 Dec 2-30 M, W	2:00 PM-3:00 PM

### Line Dance Open Studio

This fun and informal line dance program requires no previous dance experience. Enjoy dancing to old favorites while making new friends!

<b>Five Points Center for Active Adults</b>	Course Fee: \$0
#143561 Sep 6-Dec 27 F	1:30 PM-3:00 PM

### Qi Gong for Back Pain

This class will teach you a series of gentle Qi Gong movements that will alleviate back pain. A variety of tips for minimizing back pain are incorporated throughout the workshop. Instructor: Nancy Davison

<b>Five Points Center for Active Adults</b>	Course Fee: \$8
#143756 Sep 9-30 M	10:30 AM-11:30 AM
#143757 Oct 7-28 M	10:30 AM-11:30 AM
#143758 Nov 4-25 M	10:30 AM-11:30 AM
#143759 Dec 2-30 M	10:30 AM-11:30 AM

### Qi Gong: Qi Gong for Arthritis

This class will use the art of Qi Gong (chee-gong) to help treat joints affected by arthritis to keep them moving and pain-free.

Instructor: Michael Hronas

<b>Five Points Center for Active Adults</b>	Course Fee: \$8
#145688 Sep 4-25 W	10:00 AM-10:45 AM
#145689 Oct 2-30 W	10:00 AM-10:45 AM
#145690 Nov 6-27 W	10:00 AM-10:45 AM
#145691 Dec 4-18 W	10:00 AM-10:45 AM

### Qi Gong: Therapeutic QiGong

The 24 simple movements of QiGong (chee-gong) promote energetic and visceral (internal organ) health for the participant. By creating good energy flow in the body many diseases are reversed. This is a beginner level class. Instructor: Michael Hronas

<b>Anne Gordon Center for Active Adults</b>	Course Fee: \$8
#144325 Sep 3-24 Tu	10:30 AM-11:15 AM
#144326 Oct 1-29 Tu	10:30 AM-11:15 AM
#144327 Nov 5-26 Tu	10:30 AM-11:15 AM
#144331 Dec 3-31 Tu	10:30 AM-11:15 AM
#144321 Sep 6-27 F	10:30 AM-11:15 AM
#144322 Oct 4-25 F	10:30 AM-11:15 AM
#144329 Nov 1-29 F	10:30 AM-11:15 AM
#144330 Dec 6-27 F	10:30 AM-11:15 AM

<b>Five Points Center for Active Adults</b>	Course Fee: \$8
#144316 Sep 4-25 W	9:15 AM-10:00 AM
#144317 Oct 2-30 W	9:15 AM-10:00 AM
#144318 Nov 6-27 W	9:15 AM-10:00 AM
#144319 Dec 4-25 W	9:15 AM-10:00 AM
#144323 Sep 6-27 F	9:15 AM-10:00 AM
#144324 Oct 4-25 F	9:15 AM-10:00 AM
#144328 Nov 1-22 F	9:15 AM-10:00 AM
#144362 Dec 6-27 F	9:15 AM-10:00 AM

### QiGong: Chair Based QiGong

Experience the benefits of QiGong (chee-gong) from a sitting position in this beginner class. Movements are a modified version of the 24 Posture Therapeutic QiGong System. Class requires sitting and simple upper body movements. Instructor: Michael Hronas

<b>Five Points Center for Active Adults</b>	Course Fee: \$8
#144240 Sep 3-24 Tu	9:15 AM-10:00 AM
#144241 Oct 1-29 Tu	9:15 AM-10:00 AM
#144242 Nov 4-25 Tu	9:15 AM-10:00 AM
#144243 Dec 3-31 Tu	9:15 AM-10:00 AM
#144244 Sep 5-26 Th	9:15 AM-10:00 AM
#144245 Oct 3-24 Th	9:15 AM-10:00 AM
#144246 Nov 7-21 Th	9:15 AM-10:00 AM
#144247 Dec 5-26 Th	9:15 AM-10:00 AM

### Seniorgise

Strengthen muscles and improve your movement for a healthier lifestyle. The goal of this class is to improve balance, flexibility and strength through stretching, light weights, and aerobic activity.

**Anne Gordon Center for Active Adults** Course Fee: \$8

Instructor: Lorraine Norris	
#144301 Sep 3-24 Tu	9:15 AM-10:00 AM
#144302 Oct 1-29 Tu	9:15 AM-10:00 AM
#144303 Nov 5-26 Tu	9:15 AM-10:00 AM
#144304 Dec 5-26 Th	9:15 AM-10:00 AM
#144305 Sep 5-26 Th	9:15 AM-10:00 AM
#144306 Oct 3-31 Th	9:15 AM-10:00 AM
#144307 Nov 7-28 Th	9:15 AM-10:00 AM
#144308 Dec 5-26 Th	9:15 AM-10:00 AM

**Five Points Center for Active Adults** Course Fee: \$8

Instructor: Sharon Gale	
#144270 Sep 3-24 Tu	2:00 PM-2:45 PM
#144271 Oct 1-29 Tu	2:00 PM-2:45 PM
#144272 Nov 5-26 Tu	2:00 PM-2:45 PM
#144273 Dec 3-31 Tu	2:00 PM-2:45 PM
#144274 Sep 5-26 Th	2:00 PM-2:45 PM
#144275 Oct 3-31 Th	2:00 PM-2:45 PM
#144276 Nov 7-21 Th	2:00 PM-2:45 PM
#144575 Dec 5-26 Th	2:00 PM-2:45 PM

### Greystone Community Center

Instructor: Lauren Llewellyn	
#144461 Sep 9-30 M	10:00 AM-10:45 AM
#144462 Oct 7-28 M	10:00 AM-10:45 AM
#144463 Nov 4-25 M	10:00 AM-10:45 AM
#144464 Dec 2-30 M	10:00 AM-10:45 AM
#144465 Sep 6-27 F	10:00 AM-10:45 AM
#144466 Oct 4-25 F	10:00 AM-10:45 AM
#144467 Nov 1-22 F	10:00 AM-10:45 AM
#144468 Dec 6-27 F	10:00 AM-10:45 AM

**Lake Lynn Community Center** Course Fee: \$8

Instructor: Lauren Llewellyn	
#144278 Sep 3-24 Tu	9:00 AM-9:45 AM
#144279 Oct 1-29 Tu	9:00 AM-9:45 AM
#144280 Nov 5-26 Tu	9:00 AM-9:45 AM
#144281 Dec 3-31 Tu	9:00 AM-9:45 AM
#144282 Sep 5-26 Th	9:00 AM-9:45 AM
#144283 Oct 3-31 Th	9:00 AM-9:45 AM
#144284 Nov 7-21 Th	9:00 AM-9:45 AM
#144285 Dec 5-26 Th	9:00 AM-9:45 AM

### Powell Drive Park

Instructor: Bill Unger	
#144286 Sep 3-24 Tu	2:00 PM-2:45 PM
#144287 Oct 1-29 Tu	2:00 PM-2:45 PM
#144288 Nov 5-26 Tu	2:00 PM-2:45 PM
#144289 Dec 3-31 Tu	2:00 PM-2:45 PM
#144290 Sep 5-26 Th	2:00 PM-2:45 PM
#144291 Oct 3-31 Th	2:00 PM-2:45 PM
#144292 Nov 7-21 Th	2:00 PM-2:45 PM
#144293 Dec 5-26 Th	2:00 PM-2:45 PM

**Seniors In Motion**

This class includes stretching and flexibility movements, as well as low impact cardio exercise, strength training with light weights and other toning elements. Instructor: Bettie Ittenbach

<b>Laurel Hills Community Center</b>		Course Fee: \$8	
#144585	Sep 4-25	W	10:15 AM-11:15 AM
#144586	Oct 2-30	W	10:15 AM-11:15 AM
#144587	Nov 6-27	W	10:15 AM-11:15 AM
#144588	Dec 4-18	W	10:15 AM-11:15 AM
#144589	Sep 6-27	F	10:15 AM-11:15 AM
#144590	Oct 4-25	F	10:15 AM-11:15 AM
#144591	Nov 1-29	F	10:15 AM-11:15 AM
#144592	Dec 6-27	F	10:15 AM-11:15 AM

**Silver Cardio**

This intermediate class includes warm up, 30 minutes of constant low impact moves, with a burst of fun moves added in the mix. You'll break a sweat and have lots of fun! Instructor: Bettie Ittenbach

<b>Five Points Center for Active Adults</b>		Course Fee: \$8	
#144833	Sep 5-26	Th	1:00 PM-2:00 PM
#144834	Oct 3-31	Th	1:00 PM-2:00 PM
#144835	Nov 7-21	Th	1:00 PM-2:00 PM
#144836	Dec 5-26	Th	1:00 PM-2:00 PM

**Stretching and Strengthening**

Have fun moving to music through seated and standing poses and stretches to increase range of motion, and flexibility. Tubular bands and free weight will also be used. Specific muscle groups will be targeted in each class. Instructor: Sharon Gale

<b>Five points Center for Active Adults</b>		Course Fee:\$8	
#148417	Sep 3-24	T	2:00 PM-2:45 PM
#148418	Oct 1-29	T	2:00 PM-2:45 PM
#148419	Nov 5-26	T	2:00 PM-2:45 PM
#148420	Dec 3-31	T	2:00 PM-2:45 PM
#148421	Sep 5-26	Th	2:00 PM-2:45 PM
#148422	Oct 3-31	Th	2:00 PM-2:45 PM
#148423	Nov 7-21	Th	2:00 PM-2:45 PM
#148424	Dec 5-26	Th	2:00 PM-2:45 PM

**Tai Chi Chih Beginner**

Tai Chi Chih consists of 19 flowing moves to balance and circulate energy (chi). Benefits include decreased stress/anxiety, improved balance, and muscle flexibility. Instructor: Adrienne McKenzie

<b>Five Points Center for Active Adults</b>		Course Fee: \$8	
#143615	Sep 9-30		10:00 AM-11:00 AM
#143616	Oct 7-28		10:00 AM-11:00 AM
#143617	Nov 4-25		10:00 AM-11:00 AM
#143618	Dec 2-30		10:00 AM-11:00 AM

**Tai Chi Chih Intermediate**

This class is for those that have taken the beginner level course and are familiar with the moves and poses of Tai Chi Chih.

Instructor: Adrienne McKenzie

<b>Five Points Center for Active Adults</b>		Course Fee: \$8	
#143615	Sep 9-30	M	11:00 AM-12:15 PM
#143616	Oct 7-28	M	11:00 AM-12:15 PM
#143617	Nov 4-25	M	11:00 AM-12:15 PM
#143618	Dec 2-30	M	11:00 AM-12:15 PM

**T'ai Chi for Active Adults - Advance Beginners**

T'ai Chi is a low/no impact slow motion exercise consisting of a Series of motions. As you move you focus on breathing naturally, paying attention on your movements and your bodily sensations. Benefits from this exercise may include: enhanced immune system, lowered blood pressure, reduced chronic pain and much more. Instructor: Michael Hronas

<b>Anne Gordon Center for Active Adults</b>		Course Fee: \$8	
#144853	Sep 3-24	Tu	11:30 AM-12:15 PM
#144854	Oct 1-29	Tu	11:30 AM-12:15 PM
#144855	Nov 5-19	Tu	11:30 AM-12:15 PM
#144856	Dec 3-31	Tu	11:30 AM-12:15 PM
#144857	Sep 6-27	F	11:30 AM-12:15 PM
#144858	Oct 4-25	F	11:30 AM-12:15 PM
#144859	Nov 1-29	F	11:30 AM-12:15 PM
#144860	Dec 6-27	F	11:30 AM-12:15 PM

**T'ai Chi for Active Adults - Beginner**

T'ai Chi is a low/no impact slow motion exercise that focuses on breathing with attention to your movements and your bodily sensations. Benefits: enhanced immune system, lower blood pressure, reduced chronic pain, and more. Instructor: Michael Hronas

<b>Anne Gordon Center for Active Adults</b>		Course Fee: \$8	
#144861	Sep 9-30	M	1:00 PM-1:45 PM
#144862	Oct 7-28	M	1:00 PM-1:45 PM
#144863	Nov 4-25	M	1:00 PM-1:45 PM
#144864	Dec 2-30	M	1:00 PM-1:45 PM

**T'ai Chi: Chair Based**

This class closely follows the moves of Tai Chi in a seated manner while bringing benefits of this moving meditation to the student. Instructor: Adrienne McKenzie

<b>Five Points Center for Active Adults</b>		Course Fee: \$8	
#148035	Sep 3-24	Tu	11:00 AM-12:00 PM
#148036	Oct 1-29	Tu	11:00 AM-12:00 PM
#148037	Nov 5-26	Tu	11:00 AM-12:00 PM
#148038	Dec 3-31	Tu	11:00 AM-12:00 PM

**Total Body Conditioning**

This class will strengthen your mind and body! Improve your quality of life by building strength and balance— both are essential to maintaining physical independence. Instructor: Jane Stenhouse

<b>Five Points Center for Active Adults</b>		Course Fee: \$8	
#143797	Sep 3-24	Tu	1:00 PM-2:00 PM
#143798	Oct 1-22	Tu	1:00 PM-2:00 PM
#143799	Nov 5-26	Tu	1:00 PM-2:00 PM
#143800	Dec 3-31	Tu	1:00 PM-2:00 PM
#143801	Sep 5-26	Th	1:00 PM-2:00 PM
#143802	Oct 3-31	Th	1:00 PM-2:00 PM
#143803	Nov 7-21	Th	1:00 PM-2:00 PM
#143804	Dec 5-26	Th	1:00 PM-2:00 PM

**Total Body Toning**

Weight-bearing exercise is especially important as we age. This intermediate level class incorporates hand weights, resistance tubing, and our own body weight to provide resistance, build strength, and improve flexibility of the joints. Instructor: Kathy Cassidy

<b>Five Points Center for Active Adults</b>		Course Fee: \$8	
#144363	Sep 4-25	W	11:30 AM-12:30 PM
#144364	Oct 2-30	W	11:30 AM-12:30 PM
#144365	Nov 6-27	W	11:30 AM-12:30 PM
#144366	Dec 4-18	W	11:30 AM-12:30 PM
#144367	Sep 6-27	F	11:30 AM-12:30 PM
#144368	Oct 4-25	F	11:30 AM-12:30 PM
#144369	Nov 1-22	F	11:30 AM-12:30 PM



## Adult Leisure Programs

#144370 Dec 6-27 F 11:30 AM-12:30 PM

### Wednesday Walk and Wellness

Enjoy a walk in the Five Points area near the Active Adult Center. Social walkers and speed walkers are invited to join this fun group. Proper warm up and cool down techniques are included.

Instructor: Jane Stenhouse.

**Five Points Center for Active Adults** Course Fee: \$0  
#143601 Sep 4-Dec 25 W 1:00 PM-2:00 PM

### What is Acupuncture?

Acupuncture is an alternative medicine methodology originating in ancient China. Nancy Davison, licensed acupuncturist and physical therapist, will talk about the differences between Western (American, allopathic) medicine and Eastern medicine and the different styles of acupuncture and what a treatment experience might be like with each. You will also learn the value of acupuncture, and how the five elements (Earth, Fire, Metal, Water, and Wood) relate to people, personalities, and communication.

**Five Points Center for Active Adults** Course Fee: \$5  
#144220 Sep 10 Tu 2:30 PM-4:00 PM  
#144221 Nov 12 Tu 2:30 PM-4:00 PM

### Yoga-Chair Supported Yoga

This beginning class includes stretches to increase range of motion, simple balancing poses to strengthen muscles that support joints, and breath awareness to calm and release tension. All standing poses may be done with the support of a chair or wall.

**Five Points Center for Active Adults** Course Fee: \$8

Instructor: Jessica Mollette

#143454 Sep 9-30 M 3:30 PM-4:30 PM  
#143455 Oct 7-28 M 3:30 PM-4:30 PM  
#143456 Nov 4-25 M 3:30 PM-4:30 PM  
#143457 Dec 2-30 M 3:30 PM-4:30 PM

Instructor: Rose Parli

#143459 Sep 3-24 Tu 11:30 AM-12:45 PM  
#143460 Oct 1-29 Tu 11:30 AM-12:45 PM  
#143461 Nov 5-26 Tu 11:30 AM-12:45 PM  
#143462 Dec 3-31 Tu 11:30 AM-12:45 PM

Instructor: Jessica Mollette

#143465 Sep 5-26 Th 11:30 AM-12:45 PM  
#143463 Oct 3-24 Th 11:30 AM-12:45 PM  
#143464 Nov 7-21 Th 11:30 AM-12:30 PM  
#143488 Dec 5-26 Th 11:30 AM-12:45 PM

Instructor: Rose Parli

#143467 Sep 4-25 W 3:30 PM-4:30 PM  
#143468 Oct 2-30 W 3:30 PM-4:30 PM  
#143472 Nov 6-27 W 3:30 PM-4:30 PM  
#143469 Dec 4-18 W 3:30 PM-4:30 PM

Instructor: Jessica Mollette

#143470 Sep 5-26 Th 3:30 PM-4:30 PM  
#143471 Oct 3-31 Th 3:30 PM-4:30 PM  
#143473 Nov 7-21 Th 3:30 PM-4:30 PM  
#143487 Dec 5-26 Th 3:30 PM-4:30 PM

### Laurel Hills Community Center

**Laurel Hills Community Center** Course Fee: \$8  
Instructor: Bettie Ittenbach  
#147506 Sep 4-25 W 11:30 AM-12:15 PM  
#147507 Oct 2-30 W 11:30 AM-12:15 PM  
#147508 Nov 6-27 W 11:30 AM-12:15 PM  
#147509 Dec 4-18 W 11:30 AM-12:15 PM

### Yoga-Gentle Yoga for Beginners

This beginner level class is structured to accommodate students of all levels and abilities. The poses and exercises will be done standing, sitting in a chair, leaning against the wall for support, and using a floor mat. Yoga breathing and a period of deep relaxation or meditation are also incorporated. Instructor: Barbara Halpern

**Five Points Center for Active Adults** Course Fee: \$8  
#143748 Sep 9-30 M 3:15 PM-4:15 PM

## September-December 2013

#143749	Oct 7-28	M	3:15 PM-4:15 PM
#143750	Nov 4-25	M	3:15 PM-4:15 PM
#143751	Dec 2-30	M	3:15 PM-4:15 PM
#143752	Sep 4-25	W	3:15 PM-4:15 PM
#143753	Oct 2-30	W	3:15 PM-4:15 PM
#143754	Nov 6-27	W	3:15 PM-4:15 PM
#143755	Dec 4-18	W	3:15 PM-4:15 PM

### Yoga: Laugh-A-Yoga

Laughter yoga provides a fun, relaxing and interactive way to improve overall health and happiness. There are no traditional yoga poses or floor exercises; instead, students learn to relax through laughter and meditation. Instructor: Ellen Clapp.

**Anne Gordon Center for Active Adults** Course Fee: \$20  
#148407 Oct 3-Nov 7 Th 11:00 AM-12:00 PM  
**Five Points Center for Active Adults** Course Fee: \$20  
#148405 Sep 11-Oct 16 W 11:00 AM-12:00 PM

### Zumba® : Chair Based Zumba

This workout uses both Latin and traditional chair moves. Other elements of the class include the use of elastic bands, seated abdominal exercises, and warm up/cool down movements. This is a beginner level class. Instructor: Bettie Ittenbach

**Five Points Center for Active Adults** Course Fee: \$8  
#144312 Sep 3-24 Tu 2:15 PM-3:00 PM  
#144313 Oct 1-29 Tu 2:15 PM-3:00 PM  
#144314 Nov 5-26 Tu 2:15 PM-3:00 PM  
#144315 Dec 3-31 Tu 2:15 PM-3:00 PM

### Zumba® -Gold

Golden Zumba® is known for zesty Latin music, easy to follow moves, and the invigorating party-like atmosphere of the class! This is an intermediate dance-fitness class that feels friendly and fun!

**Five Points Center for Active Adults** Course Fee: \$8  
Instructor: Kathy Cassidy  
#144371 Sep 6-27 F 12:30 PM-1:30 PM  
#144372 Oct 4-25 F 12:30 PM-1:30 PM  
#144373 Nov 1-29 F 12:30 PM-1:30 PM  
#144374 Dec 6-27 F 12:30 PM-1:30 PM

Instructor: Bettie Ittenbach

#144841 Sep 9-30 M 1:00 PM-2:00 PM  
#144846 Oct 7-28 M 1:00 PM-2:00 PM  
#144847 Nov 4-25 M 1:00 PM-2:00 PM  
#144848 Dec 2-30 M 1:00 PM-2:00 PM

## Social

### Bingo

A variety of games are played, including 4 corners, postage stamp and clear all. Cost is \$1 for 3 cards or 50 cents per card.

### Anne Gordon Center for Active Adults

#143544 Sep 6-Dec 27 F 10:00 AM-12:00 PM

### Greystone Community Center

#143543 Sep 3-Dec 17 Tu 2:00 PM-3:30 PM

### Carriage House- 116 St. Mary's ST

#143540 Sep 9-Dec 30 M 1:30 PM-2:30 PM

### Stonehenge Apts- 7303 Hihenge Ct

#143541 Sep 5-Dec 19 Th (1<sup>st</sup> & 3<sup>rd</sup>) 10:00 AM-12:00 PM

### Park View Manor – 911 N. Blount St

#143542 Sep 9-Dec 30 M 3:00 PM-4:00 PM

### Bridge for Active Adults - Open Play

Join other bridge players for this open play program. All experience levels are welcome.

### Anne Gordon Center for Active Adults

#143546 Sep 3-Dec 31 Tu 1:00 PM-3:00 PM

### Five Points Center for Active Adults

#143547 Sep 6-Dec 27 F 12:30 PM-3:00 PM

## Adult Leisure Programs

September-December 2013

#143548 Sep 5-Dec 26 Th 10:00 AM-12:00 PM

### Cards and Maj Jongg Open Play

Want to play cards (Bridge, Canasta, Poker, etc.) Mah Jongg or more? This is an open play time for all.

**Anne Gordon Center for Active Adults** Class Fee: \$0  
#144866 Sep 6-Dec 27 F 2:00 PM-4:00 PM  
#144867 Sep 3-Dec 31 Tu 1:00 PM-3:00 PM

### Five Points Dance Nights

Spend a fun and festive evening at our monthly Five Points Dance Nights. Each monthly dance will feature a different live band and theme. Call 919-996-4730 for additional details.

**Five Points Center for Active Adults** Course Fee: \$10 per night  
#148640 Thursdays 7:00 PM-9:30 PM  
Sep 26 Dave Reitmeyer, and The Route 55 Orchestra  
Oct 31 Rollin Glaser and the Tune Swingers Orchestra  
Nov 21 Greg Gelb and the La Fiesta Latin Jazz Ensemble  
Dec 19 Terry Blalock and the Moonlighters Orchestra

### Five Points First Anniversary Celebration

Five Points Center for Active Adults has been open for one year and we are celebrating! Join us for food, entertainment, and fun!

**Five Points Center for Active Adults**  
#145587 Sep 5 Th 1:00 PM-3:00 PM

### Friday Flicks at Five Points

From new release to the old classics, there will be something for everyone. Light refreshments provided. Call 919-996-4730 for the complete schedule of upcoming films.

**Five Points Center for Active Adults** #148635  
Course Fee: \$2 per movie

Sep 27	F	2:00 PM-4:30 PM
Oct 25	F	2:00 PM-4:30 PM
Nov 22	F	2:00 PM-4:30 PM
Dec 27	F	2:00 PM-4:30 PM

### Knitting and Crocheting Group

Do you enjoy knitting or crocheting? Would you enjoy socializing while making items for gifts or to donate? If so, this is your group! Bring your items to work on while having some fun!

**Anne Gordon Center for Active Adults** Course Fee: \$0  
#144868 Sep 4-Dec 18 W 2:00 PM-4:00 PM

### Mah Jongg Beginners

Mah Jongg is a tile game that can be traced back to the 1800s. Recently a growing number of people are realizing the intellectual challenge Mah Jongg poses and the beauty and excitement of the game itself.

**Five Points Center for Active Adults** Class Fee: \$0  
#143577 Sep 5-26 Th 2:00 PM-4:00 PM  
**Greystone Community Center** Class Fee: \$0  
#143576 Sep 9-30 M 2:00 PM-4:00 PM

### Mah Jongg Intermediate

Workshops are for those who have been through the beginners course or have played the game in the past and need a refresher course.

**Five Points Center for Active Adults** Class Fee: \$0  
#143582 Oct 3-31 Th 2:00 PM-4:00 PM  
**Greystone Community Center** Class Fee: \$0  
#143581 Oct 7-28 M 2:00 PM-4:00 PM

### Mah Jongg Open Play

Drop in play for those that know how to play and do not need coaching. Bring your game boards and cards, some supplies are available.

**Five Points Center for Active Adults** Class Fee: \$0  
#143592 Sep 5-Dec 26 Th 2:00 PM-4:00 PM  
**Greystone Community Center** Class Fee: \$0  
#143593 Sep 9-Dec 30 M 2:00 PM-4:00 PM

### Men's Monday Mornings

Men, are you looking for a place to play some games, make new friends, and socialize that is for guys only? Drop in and enjoy coffee, play card games, participate in a game of Cornhole, or just visit.

**Anne Gordon Center for Active Adults** Class Fee: \$0  
#144869 Sep 9-Dec 30 M 9:00 AM-12:00 PM

### Read and Go

The Read and Go series combines the best reading and travel. Participants will read a select group of fiction and nonfiction books based on NC locations and travel to these sites to explore the areas the books are based upon.

**Anne Gordon Center for Active Adults** Class Fee: \$0  
The Ballad of Frankie Silver by Sharyn McCrumb

#144871 Sep 30 M 1:00 PM-2:30 PM

Bitter Blood by Jerry Bledsoe

#144872 Oct 28 M 1:00 PM-2:30 PM

### Read and Watch

We have selected authors who have had movies created based on their books. Read the book, have a book discussion, then watch the movie that is based on the book. Find the Read and Watch list on the web at [www.parks.raleighnc.gov](http://www.parks.raleighnc.gov) Keyword search: Adult Programs

**Anne Gordon Center for Active Adults** Class Fee: \$0  
Snowflower and the Secret Fan by Lisa See  
#144873 Nov 25 M 1:00 PM-3:30 PM

### Thursday Theater

Enjoy snacks while you watch a movie with your friends. It's a great place to make friends and socialize. Pre-registration required due to popularity. Call 919-996-4720 for a movie schedule.

**Anne Gordon Center for Active Adults** Course Fee: \$2  
Thursdays Sep 5-Dec 19 10:15 AM-12:00 PM

## Sports

### Horseshoes

Practice your horseshoes skills with other adults. Equipment provided.

**Athens Drive High School** Course Fee: \$0  
#144909 Sep 3-Dec 31 Tu, Sa 9:00 AM-10:30 AM

### Pickleball

Pickleball is fun fitness and social activity that combines tennis, table tennis, and racquetball. It is played on a small version of a tennis court. No experience is necessary, and all equipment is provided.

**Five Points Center for Active Adults** Course Fee: \$0  
#143595 Sep 4-Dec 25 W 1:00 PM-3:00 PM  
**Optimist Community Center** Course Fee: \$0  
#143594 Nov 7-Dec 19 Tu, Th 12:30 PM-2:30 PM

### Shuffleboard

Practice and play shuffleboard with other adults. Equipment is provided.

**Athens Drive High School** Course Fee: \$0  
#144910 Sep 3-Dec 31 Tu, Sa 9:00 AM-12:00 PM

### Table Tennis Free Play

Learn to play table tennis - all ability levels are welcome.

**Five Points Center for Active Adults** Course Fee: \$0  
#143600 Sep 9-Dec 30 M 1:00 PM-3:00 PM

## The Golden Years Clubs

Clubs are composed of persons age 55 and better. Anyone meeting the age requirements may join. Club activities vary from club to club and may include social, (S) trips (T), cards (C), games (G), and luncheons (L). Contact the club leader for specific club information.

### Asbury Joy Club

Asbury UMC  
3<sup>rd</sup> Thursday, 11:00am  
MC, S, T, L, NS  
Betty (919)571-8884

### Best Is Yet To Be

Powell Dr. Comm. Center  
1<sup>st</sup>/3<sup>rd</sup> Friday, 10:00am  
SC, T, G, NS  
Mary Lou (919) 846-0492

### Brier Creek Senior Club

Brier Creek Comm. Center  
Tuesdays, 10:00am  
MC, S,T, G, L,  
Linda (919) 420-2340

### Caraleigh Club

Caraleigh Comm. Clubhouse  
Tuesdays, 10:00am  
SC, S, G, L, NS  
Mary Lou (919) 846-0492

### Carolina Pines Club

St. Barnabus Church  
2<sup>nd</sup> Wednesday, 10:30am  
SC, S, T, G, L, YR  
Tonya (919) 831-6435

### Catholic Golden Age

Our Lady of Lourdes Catholic Ch  
1<sup>st</sup> Sunday, 1:30pm  
LC, L, G, NS  
Ed 919) 217-9580

### E-Streeters Club

Edenton Street UMC  
3<sup>rd</sup> Tuesdays, 11:30am  
LC, L, G, T, YR  
Susan (919) 832-7535

### Fellowship Club

West Raleigh Presbyterian Ch  
2<sup>nd</sup>/4<sup>th</sup> Tuesday, 10:00am  
MG, S, T, C, G, L, NS  
Laura (919) 851-7042

### Fifty-Five Plus Club

Anne Gordon Center  
Wednesdays, 09:15am  
LC, S, T, G, C, NS  
Martha (919) 847-3686

### First Cosmopolitan Club

First Cosmopolitan Baptist Ch  
3<sup>rd</sup> Wednesday, 1pm  
MC, S, G, L, NS  
Gene (919)266-1222

### Go-Getters Club

Stonehenge Apts. Clubhouse  
2<sup>nd</sup>/4<sup>th</sup> Thursday, 10:00am  
MC, S, T, L, NS  
Betty (919) 846-2632

### Golden Circle Club

Lions Park Comm. Center  
2<sup>nd</sup> Monday, 10:00am  
MC, T, G, L, YR  
Helen (919) 250-0058

### Golden Eagles Club

Top Greene Center  
Wednesdays, 11:00am  
LC, S, T, G, YR  
Carletta (919) 250-2730

### Grand Age Club

Hayes Barton United Methodist  
Thursdays, 11:15am  
MC, S, T, L, YR  
Margie (919) 467-0572

### Heddingham Hi-Milers

Willow Oak Clubhouse  
3<sup>rd</sup> Tuesday, 10:30am  
MC, S, T, NS  
Bob- (919) 649-4738

### Jaycee Park Club

Five Points Adult Center  
Wednesdays, 9:30am  
MC, C, YR  
Doris (919) 510-9932

### Joy Club

North Raleigh UMC  
Wednesdays, 11:00am  
LC, S, T, L, YR  
Cletha (919) 847-5988

### Keenagers Club

White Memorial Presbyterian  
Thursdays, 10:30am  
MC, S, T, L, YR  
Judy (919) 834-3424

### Lake Lynn Seniors

Lake Lynn Comm. Center  
Tuesdays, 10:00am  
LC, S, T, G, L, YR  
Karen (919) 841-0324

### Laurel Hills Bridge Club

Laurel Hills Comm. Center  
Tuesdays, 10:15am  
SC, C, NS  
Cindy (919) 420-2383

### Lions Park Club

Lions Park Comm. Center  
1<sup>st</sup>/3<sup>rd</sup> Wednesday, 10:00am  
MC, S, G, L, YR  
Jason (919) 831-6995

### Lords & Ladies

Jaycee Comm. Center  
Visually Impaired Club  
2<sup>nd</sup> Tuesdays  
SC, T, C, G, L, Yr  
VIP Staff (919) 807-5403

### OCBC Twilighters

Oak City Baptist Church  
1<sup>st</sup>/3<sup>rd</sup> Wed- 11:30am  
SC, S, T, L, YR  
James (919)477-6737

### Parkview Manor

Parkview Manor Apartments  
2<sup>nd</sup> Tuesday, 2:00pm  
MC, T, G, L, YR  
Juanita (919) 821-7728

### Platinum Plus

Sanderford Rd Center  
Wednesdays, 10:30am  
S,T,C,G,L,SC,NS  
Bunny (919) 831-1898  
Ricky (919) 250-2757

### Prime Timers Club

Hillyer Memorial Church  
3<sup>rd</sup> Thursday, 10:30am  
S,T,L,MC,NS  
Dick (919) 851-3046

### Pullen Park Club

Pullen Park Comm. Center  
Wednesdays, 10am  
MC, C, YR  
Abigail (919) 8316052

### Quail Hollow Club

Eastgate Center  
Wednesdays, 9:45am  
SC, S, G, NS  
Susan (919) 870-0557

### Roberts Park SR Club

Roberts Park Comm. Cntr  
Wednesdays, 10:30am  
S,T,G,L,SC,NS  
Sherri (919) 831-6830

### Snappy Seniors

Marsh Creek Comm. Center  
1<sup>st</sup> and 3<sup>rd</sup> Monday, 10am  
SC, S, T, G, YR  
Anne (919) 231-0363

### St. Francis Club

St. Francis of Assisi Parish  
2<sup>nd</sup> Wed 11am, 4<sup>th</sup> Wed 12pm  
LC, S, T, C, G, L, YR  
Joan (919) 449-0998

### St. Joseph's Seniors

St. Joseph's Catholic Church  
3<sup>rd</sup> Sunday 1pm  
4<sup>th</sup> Thur. dinner  
MC, S, T, L, NS  
Lorraine (919) 266-3889

### Smiling Age Club

Biltmore Hills Comm. Center  
Tuesdays, 10:00am  
MC, S, T, G, L, NS  
Kenny (919) 831-6895

### Tabernacle 55+ Club

Tabernacle Baptist Church  
1<sup>st</sup>/3<sup>rd</sup> Thursday, 11:30am  
MC, S, T, L, YR  
Peggy (919) 872-2508

### Thirty-Niners Club

First Baptist Church  
Thursdays, 10:30am  
MC, S, T, L, YR  
Mary Alice (919) 832-4485

### Touch of Love

St. Matthew Baptist Church  
2<sup>nd</sup>/4<sup>th</sup> Wednesday, 10:00am  
MC, S, T, C, G, L, NS  
Dee (919) 630-0320

### Trinity JOY Club

Trinity UMC  
3<sup>rd</sup> Tuesday, 11:00am  
MC, S, T,L,YR  
Mary (919) 845-9626

### Wakefield Villagers Club

Villages of Wakefield Club-house  
2<sup>nd</sup>/4<sup>th</sup> Tuesday, 9:00am  
MC, S, T, C, YR  
Margaret (919) 556-9541

### Worthdale Walkers Club

Worthdale Comm. Center  
Thursdays, 11:00am  
SC, S, G, L, NS  
Carletta (919) 250-2730

### Young at Heart Club

Five Points Adult Center  
2<sup>nd</sup>/4<sup>th</sup> Wednesday, 10:00am  
MC, S, T, L, G, YR  
Carolyn (919) 852-0515

***This information is NOT to be used  
for solicitation purposes .***

## Adult Program Trips

Trips are developed with individuals 50+ in mind, but are open to all. *Cost is to be determined.*

### Rose Hill, NC

Oct 2013

Experience the history of Liberty Hall Plantation and the excitement of the Duplin Winery.

### Raleigh, NC

Oct 2013

Take a Tour of Raleigh Parks & Recreation facilities and program areas, including parks, lakes, historical homes to wildlife facilities.

### White Sulphur Springs, WV

Oct 2013

Experience the beauty and fun at The Greenbrier Casino Club, one of the most beautiful casino's. The luxury resort is surrounded by the Allegheny Mountains with breathtaking views.

### Mebane, NC

Nov 2013

Visit the Iron Gate Winery and The Conservator Center's Winter in the Wild; preserving and protecting threatened wildlife.

### Charlotte, NC

Dec 2013

Visit the Southern Christmas Show and the Carolina Christmas at Charlotte Motor Speedway.

The Adult Program Trip Brochure, Individual Trip Fliers and Registration can be found on our website [parks.raleighnc.gov](http://parks.raleighnc.gov) Keyword: Adult Trips or by calling 919-996-4720

**All trips will depart from:**  
Anne Gordon Center for Active Adults  
1901 Spring Forest Rd, Raleigh, NC 27615

## Fun Golfers

The Raleigh Fun Golfers is open to men and women age 55 and over. Join the fun and fellowship with other golfers. All experience and skill levels are welcome to join.

Monthly tournaments are held the last Tuesday and Wednesday each month from April through October. These are 18-hole flighted tournaments, with awards given for both low net and low gross scores. Superball tournaments, trips to other area courses, a spring trip to the Pinehurst area, and a fall beach trip and an end of the season banquet are also held.

Annual dues are \$45.00 per year. The membership year is from January 1 – December 31. Membership fees are not pro-rated during the year. Members are assigned a Fun Golfers membership number card, which can be picked up at Wil-Mar Golf Club after your payment has been processed.

Members of Fun Golfers can play at a reduced rate of \$14.00 green fee and \$8.00 cart fee at Wil-Mar Golf Club Monday through Friday year-round.



## ADDITIONAL RESOURCES

### Resources for Seniors

919-996-4738

[www.resourcesforseniors.com](http://www.resourcesforseniors.com)

Resources for Seniors has an Information and Referral Specialist housed at the Five Points Center for Active Adults and is available by appointment to meet one on one with individuals at the Anne Gordon Center for Active Adults .

### Meals On Wheels

919-996-4739

[www.wakemow.org](http://www.wakemow.org)

The Five Points Center for Active Adults is a Meals on Wheels Congregate Lunch site. The congregate lunch program serves anyone who is 60 or older and can get to the Active Adult Center. You must call first for a reservation and complete an application when you arrive.